

# Annapurna Circuit and Upper Mustang Mountain Bike Tour

## Basic Package

Price Starting at: NRs. 608,288

### Inclusions

1. Airport Pick up on arrival and drop off at the end of the trip.
2. Flight tickets from Katmandu to Pokhara and Pokhara to Katmandu.
3. English speaking, experienced and certified MTB guide.
4. Porters (1 porter for 2 Pax.).
5. Private transportation where needed.
6. Food and accommodations during the trip.
7. Permit and TIMS.
8. Special Permit.
9. Insurance, food, accommodation, salary, and transportation for supporting crew.
10. Office Charge.

### Exclusions

1. Visa fee and flight to Nepal.
  2. Alcoholic drinks.
  3. Soft drinks and beverages tea coffee during our breaks on our rides.
  4. Bike hire : Dual suspension 65 USD per day.
  5. E-bike hire (available: 85 USD per day).
  6. Travel activity, medical and emergency evacuation insurance.
  7. Tipping for guides, porters, and support staff.
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## Standard Package

Price Starting at: NRs. 608,288

### **Inclusions**

1. Airport Pick up on arrival and drop off at the end of the trip.
2. Flight tickets from Katmandu to Pokhara and Pokhara to Katmandu.
3. English speaking, experienced and certified MTB guide.
4. Porters (1 porter for 2 Pax.).
5. Private transportation where needed.
6. Food and accommodations during the trip.
7. Permit and TIMS.
8. Special Permit.
9. Insurance, food, accommodation, salary, and transportation for supporting crew.
10. Office Charge.

### **Exclusions**

1. Visa fee and flight to Nepal.
  2. Alcoholic drinks.
  3. Soft drinks and beverages tea coffee during our breaks on our rides.
  4. Bike hire : Dual suspension 65 USD per day.
  5. E-bike hire (available: 85 USD per day).
  6. Travel activity, medical and emergency evacuation insurance.
  7. Tipping for guides, porters, and support staff.
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## **Premium Package**

Price Starting at: NRs. 608,288

### **Inclusion**

1. Airport Pick up on arrival and drop off at the end of the trip.
2. Flight tickets from Katmandu to Pokhara and Pokhara to Katmandu.
3. English speaking, experienced and certified MTB guide.

4. Porters (1 porter for 2 Pax.).
5. Private transportation where needed.
6. Food and accommodations during the trip.
7. Permit and TIMS.
8. Special Permit.
9. Insurance, food, accommodation, salary, and transportation for supporting crew.
10. Office Charge.

## **Exclusions**

1. Visa fee and flight to Nepal.
  2. Alcoholic drinks.
  3. Soft drinks and beverages tea coffee during our breaks on our rides.
  4. Bike hire : Dual suspension 65 USD per day.
  5. E-bike hire (available: 85 USD per day).
  6. Travel activity, medical and emergency evacuation insurance.
  7. Tipping for guides, porters, and support staff.
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## **Itineraries**

### **1. Day 1: Arrival in Kathmandu, Nepal**

Welcome to Nepal: the land known as the birth place of Siddhartha Gautam and the home to Sagarmatha! Our representative will greet you at the Tribhuvan International airport and will lead you to your accommodation in the bustling and colorful town of Thamel. Whether you want to take a rest in the hotel or take a short walk around the town, we appreciate both! Later in the evening you will be briefed about your upcoming adventure.

### **2. Day 2: Fly or Drive to Pokhara**

Here we let you decide, whether you want to take a scenic drive or take the skies! The drive from Kathmandu to Pokhara is long (approximately 7 hours) and might be tiring. Whereas the flight takes, around 25 minutes to land in the tranquil town of Pokhara. Later in the afternoon, take a refreshment walk along the shores of Fewa Lake and the vibrant streets of Lakeside.

### **3. Day 3: Mountain bike around Pokhara (850m)**

Your mountain biking adventure in Nepal begins with a gentle warm-up ride around Pokhara. You will be riding along the Fewa Lake shores, beautiful villages, lush forests and terraced paddy fields with the views of

Annapurna and Machhapuchhre-also known as Fishtail on the backdrop.

Biking distance: 30 to 35 Km approx

Terrain: Dirt tracks, single tracks, and gentle rolling trails.

Technical Difficulty: Moderate

Physical Difficulty: Easy/Moderate

Attraction: Experience rural life, the stunning lake, and panoramic mountain views.

#### **4. Day 4: Drive from Pokhara to Besisahar and Ride to Syange (1100m)**

Finally, your dream MTB holiday starts! We will take an early private jeep drive to Besisahar. The jeep drive lasts for about 3 hours to the bike start point. As we reach Besisahar, we will get our stuffs and hit the trail. The biking trail from Besisahar to Syange is a complete blend of dirt and tarmac road. The first part of the ride features the tarmac road until the hydro-station and afterward, begins the dirt road. We will be riding past water fall and beautiful villages along the Marshyangdi River. We will stop at Syange for the overnight camp.

Biking distance: 18 km

Altitude Gain: 560m

Terrain: Jeep tracks, dirt roads, with some rocky sections.

Technical Difficulty: Moderate

Physical Difficulty: Moderate

Attraction: Ride along the Marsyangdi River with views of waterfalls and lush hillsides.

#### **5. Day 5: Ride from Syange to Chame (2660m)**

Today, you will be riding through lush forest and narrow valleys into the deeper Himalayas! The mountain bike ride from Syange to Chame is intense as it comes with challenging climbs filled with boulders. You will bike past the Apple orchard of Danaque and the beautifully situated Timang village offering the first glimpse of Manaslu. As we are done, with the hearty lunch with the great view, we will continue our ride to Chame-the districts headquarter of Manang.

Biking distance: 38 km

Altitude Gain: 1800m

Terrain: Mixed dirt tracks with intense climbs.

Technical Difficulty: Moderate/Hard

Physical Difficulty: Moderate/hard

Attraction: Pine forests, suspension bridges, and mountain views of Manaslu and Lamjung Himal.

#### **6. Day 6: Ride from Chame to Manang (3540m)**

Our ride begins with the breakfast at the hotel. Today, the ride is going to be very fascinating as we will be riding through the biggest Apple Orchard of Bharatang in Manang District. We will take a pit-stop to enjoy the freshly brewed Himalayan Apple juice and the Apple delicacies at Bharatang. As soon as, we are done with the refreshment, we will continue our ride through the aromatic pine forests to the picturesque Dhikur Pokhara, which offers us with incredible view of Annapurna II and the surrounding mountain ranges. From here, the valley opens up wide! As we proceed further, we will pass through Lower Pisang, Humde, and Munji village before reaching our final destination for the day-Manang. It is highly recommended to follow the guide's instructions as you will be pedaling in high-altitude above 3000+ meters.

Distance: 41km

Altitude Gain: 850m

Terrain: Dirt tracks and single trails.

Technical Difficulty: Moderate

Physical Difficulty: Moderate/Hard

Attraction: Explore Tibetan-style villages, Buddhist monasteries, and incredible views of the Annapurna range.

### **7. Day 7: Rest/Acclimatization day in Manang**

Today's rest day doesn't mean we will have a complete rest at the cozy rooms of the hotel. We will take a short hike to Chhongur view point and the Gangapurna Glacier Lake to acclimatize our body to the altitude. After the short hike, the day is yours! Whether you want to take a stroll around the villages of Manang or enjoy the beauty of the towering mountains with the sip of freshly brewed Himalayan espresso.

### **8. Day 8: Biking from Manang to Phedi (4450m)**

Today's shorter distance ride might sound easy, right? Well, remember we will be riding above 4000 meters with intense climbs and less molecules of oxygen. It will be a hard day! However, the magnificent sceneries of Annapurna II, III, IV, Gangapurna and Tilicho Peak will energize and motivate you to tackle all those rough and tough terrain to Phedi. There are certain points, such as the track from Deurali Tea Shop to Phedi, where you will have to strictly follow your guide's instruction to pass through landslide affected area.

Distance: 16km

Altitude Gain: 950m

Terrain: Rocky and steep tracks with significant altitude gain.

Technical Difficulty: Moderate/Hard

Physical Difficulty: Challenging

Attraction: Epic mountain views and the feeling of riding through one of the highest trails in the world.

### **9. Day 9: Push Biking from Phedi to Thorong-La Pass (5416m) and ride down to Muktinath (3810m)**

The push biking from Phedi to Thorong-La is the hardest part of the entire tour. We will have to push and carry our bikes through the extreme gradient and the temperature which might drop to below -15 degrees. We need to take every step gently, take a pause, take in a deep breath and savor in the beauty of the mountains surrounding us. As we scale the top of Thorong-La pass, we will take quick pictures and start rolling down the techy and steep trails to Muktinath. Enjoy rest of the day, exploring lively Muktinath Temple and the Monasteries around.

Biking distance: 19km

Altitude Gain/Loss: +966m / -1,716m

Terrain: Mix of rocky paths, jeep tracks, and single tracks.

Technical Difficulty: Hard/Challenging

Physical Difficulty: Hard/Challenging

Attraction: Unparalleled views from the pass, Buddhist prayer flags, and the spiritual site of Muktinath.

### **10. Day 10: Ride from Muktinath to Chele (3050m) via Kagbeni (2800m)**

Today, we are entering the forbidden Kingdom of Lo. Our day begins with a beautiful downhill ride to Kagbeni via Dzung village. We will take frequent stops to cherish and capture the incredible views of Dhaulagiri and Nilgiri mountain ranges. As soon as we descend down to kagbeni, take your time to visit the 580 year old, Kagchode Monastery on the bank of kaligandaki River until the Special Permit entry procedure is completed. After the permit session, we will continue our ride along the Kaligandaki River valley with gradual climbs and the spectacular views of the Himalayan Desert. We will be riding our bikes past the villages of Tangbe and Chhuksang before reaching Chele.

Biking distance: 25km

Altitude Loss: 650m

Terrain: Jeep tracks, some technical descents.

Technical Difficulty: Moderate

Physical Difficulty: Moderate

Attraction: Ancient monasteries, Kali Gandaki Gorge, and views of Dhaulagiri.

### **11. Day 11: Biking from Chele to Ghiling (3570m)**

We will be heading to Ghiling today! We have few passes to tackle and must ride uphill with dramatic sceneries. We will have lunch in Sammar and ride through Taklam-La, Dajori-La and Bhena La pass. It will be a tough but very interesting ride with amazing views of the Himalayas and the Tibetan Plateau.

Biking distance: 19km

Altitude Gain: 850m

Terrain: Rocky jeep tracks, steep sections.

Technical Difficulty: Hard

Physical Difficulty: Hard

Attraction: Stark landscapes of Mustang, red cliffs, and Tibetan-style villages.

### **12. Day 12: Biking from Ghiling to Charang (3620m)**

Our ride starts early morning after the breakfast. We will have gentle ride on the beginning then climb as we have few passes over 3800 to 4000 meters which is going to be fun with rewarding views. We may encounter blue ships, people working in the fields, some local Jeeps carrying peoples' goods, horses and mountain goats along the way.

Biking distance: 20km

Altitude Gain: 900m

Terrain: Single track, dirt roads, and rocky sections.

Technical Difficulty: Moderate/Hard

Physical Difficulty: Moderate/Hard

Attraction: Longest Mane-Wall of Mustang in Ghami, Red cliffs of Dhakmar and ancient caves.

### **13. Day 13: Biking from Charang to Lo-Manthang (3810m)**

Today, we will be entering the walled city of Lo-manthang. Our ride will be gentle with the best sceneries Mustang has to offer. The walled city of Mustang is fully decorated with ancient arts and architectures and gives you the opportunity to feel the spiritual environment of Tibetan Buddhism. After the lunch, we will take a short walk around to explore the King's Palace and the Monasteries inside the walled city.

Biking distance: 16km

Altitude Gain: Minimal

Terrain: Jeep tracks with sand and mud

Technical Difficulty: Moderate

Physical Difficulty: Moderate/Hard

Attraction: Explore the ancient walled city and its monasteries, caves, and the royal palace.

### **14. Day 14: Lo-Manthang exploration and ride to Choser and Back to Lo-Manthang**

Today, we will be exploring Lo-Manthang region on our bikes to Choser and back with our visit to multi-storied cave and monasteries, while observing the culture and the local way of life closely. Rest of the afternoon, is all yours!

### **15. Day 15: Ride from Lo-Manthang to Yara (3650m)**

Mountain biking from Lo-Manthang to Yara is an experience of a lifetime! The skyline trail to the Tibetan village of Yara offers incredible views of the Himalayas and the Tibetan Plateau extended to the horizon. The arid and barren landscapes along the trail, will give you the feeling of being in different planet than the earth.

If you are lucky enough, you will encounter the wildlife such as the Snow-leopard and the Himalayan grey wolf. The most difficult part of the ride is the descend down to the village called Dhi, as the trail features loose gravels packed with dust and boulders and is very steep.

Biking distance: 20km

Altitude Loss: 290m

Terrain: Single tracks and jeep roads.

Technical Difficulty: Moderate/hard

Physical Difficulty: Moderate/hard

Attraction: Breathtaking Mustang desert landscape and ancient monasteries.

### **16. Day 16: Ride from Yara to Tangey (3240m) 30% Push-biking**

Our day begins with the pushing and carrying (Maximum of 45 minutes) our bike to the top of the hill on the south of Yara. As we reach the top, we will be rewarded with incredible views and an amazingly beautiful single track until the last part (more likely we need to push the bike for the safety reason) to Dhey Khola. After having some snacks and the sip of Himalayan tea, we continue our second chapter of push biking to the top of Sertang Danda (Approx. 2 Hours) from where we can hop on our bike to enjoy the scenic ride to Tangey village.

Biking/hiking distance: 17km

Altitude Loss: 280m

Terrain: Rocky single tracks, river crossings, and dirt roads.

Technical Difficulty: hard/challenging

Physical Difficulty: Hard/challenging

Attraction: Stunning landscapes with unique rock formations and ancient caves. Experience the isolation and serenity of remote Mustang.

### **17. Day 17: Ride from Tangey to Chhuksang (2980m) via Pa pass (4200m) 60% ride able**

Today is the challenging, yet, rewarding day of our mountain bike adventure in the Mustang region. As soon as we leave Tangey village and cross the Tange River, we have to tackle the Pa pass while carrying and pushing our bikes until the top. As we scale the pass, we will be exposed to the incredible sight of Nilgiri, Tilicho and Dhaulagiri mountains. After having enough time to catch-back our breath, we will start riding our bikes to Chhuksang where we will spend the night.

Biking distance: 25km

Altitude Loss: 260m

Terrain: Rocky trails, dirt roads, and steep descents.

Technical Difficulty: Moderate/hard

Physical Difficulty: Hard

Attraction: Breathtaking views of towering cliffs and deep gorges, along with traditional Mustang architecture in Chhuksang.

### **18. Day 18: Ride from Chhuksang to Marpha (2670m)**

Today, we will ride back towards more civilized villages of Mustang to Jomsom and Marpha past Kagbeni. We will be following the Kaligandaki Corridor with the stunning views of Nilgiri and Dhaulagiri mountains. We will stop at Jomsom to enjoy the delightful lunch with the view of Nilgiri in a close distance. After the lunch, we will continue our ride through the main road, tackling the head wind to Marpha where we will stay the night. Marpha is known as the Apple Kingdom of Nepal. So, take your time to visit the apple orchard, taste the apple wine, brandy and apple pies around the beautiful village of Marpha.

Distance: 32 km

Altitude gain: 500m Approx.

Terrain: Jeep tracks and dirt roads.

Technical Difficulty: Moderate

Physical Difficulty: Moderate

Attraction: Charming village of Marpha, apple orchards, and ancient monasteries with panoramic views of Nilgiri and Tilicho Peaks.

### **19. Day 19: Ride from Marpha to Tatopani (1190m)**

Today you will be riding your bike from an arid landscape of Mustang to lush sub-tropical forests of Myagdi, down to Tatopani. Along the way, you will pass through iconic Mustang villages like Tukuche, Kobang and Kalopani all offering great views and a unique perspective of life. You will be riding through some bit of single track near around Surkhang village and rest of the trail on the main dirt road and tarmac road which leads you to the location of biggest water fall-Rupse and the deepest gorge formed in between Annapurna I and Dhaulagiri. As you reach to Tatopani, take your time to visit the hot spring and relax your tired muscles in the natural hot water.

Distance: 43km

Altitude Loss: 1,480m

Terrain: Single track, jeep tracks, and technical descents.

Technical Difficulty: Moderate

Physical Difficulty: Moderate Attraction: Kaligandaki River, Dhaulagiri and Annapurna Mountains, Rupse waterfall, Deepest Gorge and Natural hot spring.

### **20. Day 20: Bike from Tatopani to Beni (836m) and Drive to Sarangkot (1593m)**

Today's ride features mostly the tarmac and dirt roads through the Mid-hills of Myagdi District. We will pass through several villages located on the banks of Kaligandaki River such as, Pokhre Bagar, Tiplyang, Baiseri and Galeshwor all offering a unique culture and lifestyle. As we reach Beni, we will load our bikes and drive to Sarangkot: A hilltop town known for its panoramic view and the sunrise.

Distance: 22 km

Altitude Loss: 354m

Altitude gain: 400 m Approx.

Terrain: pave and dirt road, jeep tracks.

Technical Difficulty: Moderate

Physical Difficulty: Moderate

Attraction: Sarangkot view point, villages, rivers, paddies, Kusma bunjee, Naudada and Galeshwor Temple.

### **21. Day 21: Ride from Sarangkot to Pokhara (850m)**

Today is the last day of our adventure together! We will wake up early morning to catch the sunrise view over the Annapurna and Dhaulagiri mountain ranges. As we are done with the beautiful scenery from the Sarangkot view point, we will walk down to the hotel, have breakfast and continue our ride down to Pokhara. If you think you are still good enough to go a bit of longer distance, we can extend our ride to World Peace Pagoda. Otherwise, we will do a nice downhill and ride back to the bike store to conclude our adventure. Spend the afternoon relaxing with a bottle of beer on the Lake shore or in a massage parlour.

Distance: 12 to 25km

Altitude Loss: 800m

Altitude gain: 600m

Terrain: single tracks, dirt road, jeep tracks, and technical descents.

Technical Difficulty: Moderate/Hard

Physical Difficulty: Hard

Attraction: panoramic views of Annapurana range, fishtail, Pokhara valley, Lake and Methlang village, Peace



Pagoda.

## **22. Day 22: Fly back to Kathmandu**

With the hope to seeing you in near future, we bid a reluctant farewell. Our private vehicle will drop you at the airport and you will fly back to Kathmandu. The flight from Pokhara to Kathmandu will save you some time for your final souvenir shopping.

**(Note:** This is just an outline of an Itinerary and can be modified as per the need and pace of the group. In case of emergencies such as the natural calamities, political strikes and any other circumstances that may incur risks to our participants, Pokhara Mountain Bike Team reserves the right to modify or even terminate the tour for the safety of our participants.)